GRAPEVINE
VISITACION·VALLEY

NUMBER 139 SERVING OUR COMMUNITY FEBRUARY 1998

Survey of Valley Opinion

Gloria Woo of the Mayor's Office regularly updated the Task Force on a survey of Valley residents and merchants. -Gerry L. Galvan

by Gerry L. Galvan

Visitacion Valley merchants think too many people hang around the business area, a problem exacerbated by a prevalence of crime, dirty streets and too many shops selling similar wares.

These complaints were lodged during a recent survey conducted by the San Francisco State University's Public Research Institute and the Mayor's Office of Community Development (MOCD).

A similar survey also revealed that many Visitacion Valley residents consider crime, litter and dirt on the streets, an inadequacy of suitable items on store shelves, loitering, and lack of ample parking as serious social problems.

According to the PRI survey: "*both groups of respondents (23 merchants and 237 residents) shared similar opinions about Leland Avenue*" while "*both groups reported that safety was a major concern.*"

Also cited as serious problems were: Leland Avenue not being known as a shopping area and the overall reputation of Visitacion Valley, areas needing immediate action if the neighborhood is to rise from its current social and economic level.

But respondents to both surveys were unanimous in expressing optimism of the area's potential. Many suggested an improved police presence with a quicker response time and beatifying Leland Avenue and its surrounding area would once again make Visitacion Valley attractive to new businesses, including chain stores.

Businesses residents would most like to see on Leland Avenue include: a supermarket (49 percent) followed by a hardware store (31 percent), a movie theater (30 percent) and a well-known chain store (27 percent). These were followed by: a coffee house or cafe, bookstore, variety store, shoe store, and a clothing store.

When the Mayor's Office became involved last summer in revitalizing an economically impoverished Leland Avenue, 13 sites were chosen to place drop-off boxes to retrieve surveys from respondents. Highest rates of response came from Visitacion Valley Elementary School, followed by Sari-Sari Food Store, The Shop, and Forty-Niner Cleaners.

Of the 733 resident surveys distributed in English, Spanish and Chinese, 176 were completed for a response rate of about 24 percent.

A few critics also branded the PRI Visitacion Valley project as a waste of time. "One doesn't have to conduct a survey to find out what's going on in Visitacion Valley," replied a skeptical observer.

Further discussion of an 89-page PRI report generated from the surveys was discussed at a special meeting on Jan. 22 at Visitacion Valley Community Center where MOCD's Gloria Woo and Jay Smith explained the tabulations to the Leland Avenue Revitalization Planning Committee. Findings were further reported to the Visitacion Valley Task Force at a regular monthly meeting on Jan. 24.

Volleyball Now at Valley Beacon Center

Visitacion Valley Community Beacon is presenting a free *Volleyball Clinic* for youth 8-13 with Real Options for City Kids (ROCK) on Saturdays from 9:30 a.m. to 12:30 p.m. through Mar. 14. There are also sports, cooking and sewing, drama, chess club and open recreation activities at the Beacon, along with swimming classes offered at Coffman Pool.

ADULT AND FAMILY PROGRAMS

•*ESL Class*: Adults are welcomed to a High Beginner ESL class Monday through Thursday from 9-11 a.m. in Room 105 at Visitacion Valley Middle School (VVMS).

•*Vocational ESL Class*: Held at the Community Center, 50 Raymond Ave., this class is for limited English speakers interested in janitorial/custodial workplace English. Classes are Monday, Tuesday and Wednesday from 6:30-8:30 p.m. Childwatch is available. This class can help students prepare for the Janitorial program at City College.

•*Bilingual Citizenship Class*: Call to register for Citizenship class at 452-4907.

•*Beginning Computer Lab*: Computer classes are slated for Thursday nights from 6-7:30 p.m. Computers are also available on a drop-in basis.

•*Family Group Program*: This program is offered Thursday nights at the Village, 333 Schwerin St. Childwatch is provided. Call 674-0886 for more information.

HELP NEEDED AT BEACON

The Beacon is looking for an *aerobics* or *stretch class* teacher to offer an after school class two or three times a week, and a computer instructor to teach an adult PC class. Also being sough is a *muralist* to help create a community mural in the Beacon Center. There is also a *tutoring* position open from 3:30-4:30 p.m. Mondays through Thursdays to work with Middle School youth.

Parents are also encouraged to join in the planning of future Beacon activities through the Beacon Council. The Beacon can be contacted at 452-4907.

Committee Votes Design Study for Playground in Little Hollywood

by Ralph Oroquita

A Park and Open Space Citizens Advisory Committee voted for and approved $25,000 and *priority one* status Feb. 3 for a design study to determine necessary renovations to children's play structures in Little Hollywood Community Park.

Little Hollywood residents Don Bertone, Ron Gibson and Ralph Oroquita attended the meeting to make oral presentations and present two packets of neighborhood information and statistics before giving each committee member a copy of a *request for funding* letter concerning the neighborhood park on Lathrop Avenue.

The letter also included a request for a clubhouse, restrooms, drinking fountains, and land acquisition. These requests were given a *priority two* status.

It will take a maximum effort by the neighborhood to get the majority of the community to sign a petition stating its residents want a community center in Little Hollywood. Such a petition of affirmation would assure Recreation and Park agencies that this is what the neighborhood wants and could lead to *priority one* status for funding a design study next year.

Both the Little Hollywood Committee and Little Hollywood Association will jointly conduct the petition drive.

A member of the Advisory Committee recommended that neighborhood residents ask for corporate sponsorship to help fund community park renovation, a good idea that will be discussed at future community meetings.

A very special "Thank you" is in order to the very special people on the Advisory Committee who advocated to fund this renovation request.

State Assembly Passes Domestic Violence Bill

A California bill which would enhance the state's efforts to reduce and prevent domestic violence was unanimously approved Jan. 26 by the Assembly.

"Current law doesn't state who's responsible for telling the police that the courts have ordered an abuser to stay away from their victim," said Assemblyman Kevin Shelley who authored the bill. "Without this entry, police officers can't confirm the validity of protective orders and are prevented from enforcing them."

AB 1531 requires court clerks to communicate domestic protective orders to law enforcement agencies to ensure that these orders are quickly entered into the state's law enforcement communications system.

Shelley pointed out that few protective orders are entered into the statewide database of restraining orders maintained by the Department of Justice through the California Law Enforcement Teletype System (CLETS). As a result, these results cannot be confirmed by police

"AB 1531 would simply require court clerks to enter protective orders into CLETS directly, ensuring that these orders are recorded quickly at the source," Shelley added. "This should greatly improve communication between the courts and police, and potentially save lives."

Domestic violence advocates note that the recent slaying of Northern Californian Gina Barnett points out the need for this legislation. Authorities suspect Barnett's killer was her lover, who had previously been prosecuted in several different jurisdictions for spousal abuse, and who was on probation at the time of the murder. Tragically, charges against him had been dropped earlier by a local prosecutor who was unaware that he was on probation.

Task Force Throws Out Election

Visitacion Valley Task Force (VVTF) members unanimously approved a motion by its Bylaws Committee to invalidate results of an election it held last summer at a regular monthly meeting Jan. 24. Members also agreed that the laws should be redrafted, using the bylaws of the Visitacion Valley Community Center as a guide.

According to a memorandum issued to the audience, the Task Force had asked the Bylaws Committee to look into VVTF elections last October following controversy during an Aug. 23 election which saw VVTF members vote to create *co-chair* positions and then subsequently elect officers to fill the new posts. Both Joel Tate and Don Bertone served as VVTF co-chairs until Oct. 4, when Bertone resigned office during a special meeting after a heated debate erupted over the legitimacy of the elections.

Also voted into office in August were Bill Threadgill as Secretary, John King as Treasurer, and Anne Williams as Parliamentarian.

Meeting on Jan. 12, the Bylaws Committee discussed and examined minutes of both July and August 1997 meetings which resulted in the following recommendations:

"The elections were not properly conducted because there was no prior notice of bylaw changes that affected the election, i.e., splitting the treasurer and secretary position and adding a co-chair, without eliminating the vice-chair. In addition, another Committee member felt that there was no specific designation of specific members for each office."

VVTF also asked the Bylaw Committee to update confusing language in the current document to make it more coherent but committee members soon found themselves debating over a time-consuming project they estimated would take several months.

With repeal of the Aug. 23 elections, Tate was returned to his previous post as Acting Chair. New bylaws will be presented at a future Task Force Meeting for membership to examine. Current bylaws will remain in effect until being nullified following public notice.

MERCHANTS ASSOCIATION

In the first of several evaluations scheduled to report on projects funded by the Enterprise Community (EC), VVCC Director Julie Kavanagh presented statistics of the Valley Merchants Association which had been allocated a total of $52,000 with the inclusion of an EC outreach worker.

Two Merchant outreach workers were staffed from July 1996 through June 1997 and met with shopkeepers along Leland Avenue to develop the roots for a new organization. Kavanagh explained that a high turnover in businesses since a previous association was in operation nearly a decade ago had resulted in changed priorities. Most of the Valley's businesses were concerned about neighborhood safety, which compelled Merchant coordinators to contract El Dorado Neighborhood Betterment Council, which had successfully operated resident walking patrols on Valley streets.

ENVIRONMENTAL COMMITTEE

VVTF member Ralph Oroquita explained an agreement reached with the Household Hazardous Waste plant at

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Proposal Will End Textbook Crisis Plaguing California's Public Schools

Legislation ensuring every student in California's public schools an up-to-date textbook for each subject was recently introduced in the State Senate.

Senate Bill 1412 calls for phasing in, over a three-year period, the state's financial commitment from current levels to 100 percent of the cost of basic instructional materials in each subject in each subject in each grade, while strengthening school district management requirements and providing for an annual independent audit report of the instructional materials accounts.

A recent survey conducted last year by the Association of American Publishers, in conjunction with the National Education Association, reveals that 54 percent of California teachers did not have enough books to send home with their students, compared to 39 percent nationwide. A quarter of the California teachers said their students did not even have books to use in class.

"The very basic tool to learning--the textbook--is nowhere to be found in many of California's public school classrooms. And if it is, it is often sorely out of date...Nixon is still president, the Cold War is raging, and Bosnia is a peaceful part of the Yugoslav nation," said Senator Adam B. Schiff (D-Burbank). "We cannot expect teachers to teach to the highest standards, nor can we expect students to make substantial progress towards meeting these standards, with out current textbooks."

"It is tragically unfortunate that a fundamental part of a child's education and future, a textbook, is not currently being provided to every child in the state," added Assemblymember Rod Pacheco (R-Riverside).

In addition to increased funding for textbooks, the bill would require school districts to:

•Annually evaluate whether their students have up-to-date textbooks and other instructional materials in each subject at each grade level;

•Inform parents in the school's annual Proposition 98 Report Card how many students have up-to-date textbooks and other instructional materials;

•Place this portion of the report card in newspapers in each district; and

•Receive the approval of the school-level Parent Teacher Association or school site council for this portion of the Proposition 98 Report Card.

Finally, the Auditor General is required to audit the use of current Instructional Materials accounts, and report annually on the contents of the Proposition 98 Report Cards pertaining to this account.

Schiff and Pacheco said they introduced the bill because the Legislature must take responsibility in the textbook crisis.

Day of Dialogue in the Valley

Mayor Willie Brown joined about 35 neighborhood residents Jan. 18 for an enlightening afternoon of discussion on race relations as part of the National Days of Dialogue which took place in communities across the country Jan. 14-19.

Grapevine Mailbox

Funding Request For Local Park

Following is a letter sent Feb. 3 to the Open Space/Park Renovation Citizens Advisory Committee.

Dear Committee Members:

I am writing to request a recommendation for funds to improve the Little Hollywood Community Park.

The Little Hollywood Community is east of Visitacion valley and southwest of Candlestick Park and Executive Park. The population is approximately 1,500 with 370 homes. Forty more homes are under construction. Executive Park will soon start construction of 500 homes. Our neighborhood has one of the major roadways to Executive Park and Candlestick Park. Our neighborhood is used as a parking lot during Candlestick events and our community is used for pre-game tailgate parties.

The Little Hollywood Community Park also serves as a playground and recreational space for children from the Visitacion Valley Community Center and other day care centers. The community park is the only form of entertainment and recreational/open space in our neighborhood.

The Candlestick Cove School was closed in the 1970s and became surplus property; the community had the impression that the property would be used as a community center. The Korean First Presbyterian Church purchased the property for $385,000 (Assessors Book Vol. 30 Block 5030 Lot 001, 120 Lathrop Avenue) on March 1984. The buildings were single story, wooden, World War II military style. At the present time the congregation is building a main sanctuary with meeting rooms below. The lot is zoned RH-1; a conditional use waiver is in place. The lot is approximately 42,000 square feet, almost one acre.

The requested funding would be used to:

1) Repair and replace the lawn sprinkler systems;

2) Install water fountains;

3) Install handicap accessible rest rooms;

4) Bank funds for a future community center;

5) Bank funds to purchase the 1.5 acres of Sanitary Fill Company's northeast employee parking lot that is adjacent to the east end of the basketball courts; or

6) Purchase the necessary permits to close the dead end 600 block of Lathrop Avenue (no houses front this street and there are no driveways to use this street) then use this land as a site for a community center.

Thank you for your time,
Ralph Oroquita

Bases are Loaded
A Team Approach to Helping Others

By Sgt. Jim Leach

Life is a journey--we need many tools to get us through--and mentoring is one important, too! I believe that we all need guidance and direction on our journey through life. I was very fortunate to have not one but a team of mentors that provided me with the help to survive.

I was born and reared in the Western Addition area of san Francisco, and since baseball season is right around the corner, and I enjoy the game, I decided to use a baseball analogy to share with you my experience with my mentors.

First Base. I grew up with loving parents. They taught me the values and beliefs that I carry with me today. My father, Rev. James Leach, was my first mentor. He stressed work ethics and treating people the way you want to be treated (The Golden Rule!). Both of my parents talked about the importance of family and education. My father would say, "Whatever you do in life, do your best." Always shoot for the mon and if you miss, you'll be among the stars. So, mentoring is first base and must start at home.

Second Base: My most impressible time was when I attended junior high school (now called middle school). I attended Benjamin Franklin. I can still remember my first day at school. I was worried about being thrown into the garbage can, a freshman tradition, when I met my second mentor, Mr. Burl Toler. Mr. Toler was a young dynamic gym teacher and he convinced me that no one would hurt me. He had the biggest biceps I had ever seen. He later became the vice-principal and the first African-American National Football League (NFL) official. He taught me about standing up for what I believed in and supported my education pursuits. He was my mentor and role model.

Third Base: I spent a lot of time hanging out in the community. I even joined a social club named the Barbarians to improver my socials and opportunities. After school and on the weekends, I spent countless hours at the Buchanan Street YMCA. This was my home away from home!

There was something about the YMCA that made me feel safe and yet I was among my peers. I was allowed to express myself and develop maturity. At the YMCA there were several staff members who helped me, but my third mentor, a most impressive individual, was Mr. Yori Wada. Mr. Wada passed away last year.

Mr. Wada spent so many hours at the YMCA that I didn't realize he had his own family. He would be there after school and on the weekends for our dances. I loved the dances. A chance to show off your latest moves to the music of James Brown, Aretha Franklin, Temptations, etc. I also played sports at the YMCA.

As with baseball, when you're on first or second base, you must have discipline and be observant of your surroundings. I remember one meeting with Mr. Wada. Our social club had done something wrong and he took us into a room, and I couldn't believe that this "old guy" could handle our whole crew, but he did!

From first base to third base, mentors can provide you with guidance and direction; however, the hitter (mente) that is at home pate must be willing to follow their guidance and direction.

The common thread from my three mentors was tough love. I though they were talking to each other about how to handle me, only to find out they had little or no contact with each other.

I didn't have a great appreciation for them then, but I can now honestly say they helped me to become the person I am, and I will always be thankful for their assistance. To honor my mentors, I have committed and dedicated myself to mentoring young people and anyone who will listen to me.

Lastly, while at home plate, if you didn't hit a home run, don't be discouraged. Take full advantage of the opportunities that others have made for you. Be mentally and physically prepared to accept challenges. A walk is just as good to score the winning run to be among the stars!

Eclipse of Sun Live at the Exploratorium

A full solar eclipse will occur on a path from the Galapagos Islands across Venezuela and the Caribbean islands on Thursday, Feb. 26.

Not visible at all in the Bay Area and only partially visible in the Southeastern United States, the Exploratorium brings the full solar eclipse live from Aruba at 10 a.m. Pacific Standard Time to the Bay Area public and beyond through *Live@The Exploratorium*. Join Exploratorium staff scientists as they provide and present live coverage with background on the sun, interviews with NASA scientists and more.

The *Live@The Exploratorium* studio will host special events on Wednesday evening, Feb. 25 at 7 p.m. the evening prior to the event.

PALACE REMEMBERED

The Exploratorium presents *The Palace Remembered*, a day devoted to the last remaining structure of the 1915 Panama Pacific Exposition, on Sunday, Feb. 22 beginning at 1:30 p.m. The day includes historic films of the Exposition, old San francisco, and tours of the Palace of Fine Arts, home of the Exploratorium located in the Marina. Call the Exploratorium at 563-7337 for further information.

Visitacion Valley Grapevine is on the Internet along with Task Force updates and Merchants Association listings. Find it at: http://home.earthlink.net/~visvalley

Seven Strategies to Even Better SAT Scores

1. *Plan Ahead--Every Second Counts*: Familiarize yourself with the directions on the SAT and its different sections. You may do this by going through sample tests. Each of the sections has a different structure, and once you learn how to best approach each type of question you will be in good shape. This familiarity will increase your confidence and comfort levels and (hopefully) reduce your anxiety because you will know what to expect. Remember that you only have a limited amount of time so you should make the most out of it. Don't get stuck on questions. When you don't know the answer make a notation next to it and you can return to it when you have more time.

2. *Double Check Your Answer Sheet*: A common problem during a test of such high importance is that you forget to make sure your answers are being recorded in the proper place. It is easy to get carried away and end up with one more answer than spots to fill. You should stop and double check your answers, making sure the problem numbers line up with the answers you have coded. Do not use your answer sheet to jot down any calculations, etc. this will only confuse things. You can, however, use your test booklet for scratch paper. You can pencil over math diagrams included in your test booklet and work out math problems in the booklet's margins. These notes will be useful when you go back and check your work.

3. *Relax*: Because you will know in advance what to expect on the SAT and its questions, you should be able to manage your anxiety level. The pressure, however, is still on. Remember that you are taking a hard test, and you should feel challenged. Keep in perspective that there are some very difficult questions that you may not be able to answer and that is okay. You can actually get a perfectly good score and not answer every question. give yourself credit for all the right choices you do make and encourage yourself to plunge ahead. Be fair to yourself. Don't scare yourself unnecessarily or negatively reinforce feelings of panic. Take a deep breath and keep your head level and your mind focused. There is work to be done!

4. *Eliminate the Negatives*: One strategy that you should definitely have in place is to eliminate the wrong answer choices as quickly as possible. Usually there will be at least two choices that you should be able to eliminate rather swiftly. This will help you to start narrowing your vision and honing in on the right answers.

5. *Take Your Time*: While it is important to take your time through all the sections, we especially like to make sure that you take your time with such math questions as the grid-ins. These questions require you to fill in the answers by hand and are not multiple choice. You should familiarize yourself with the grid-ins in advance of taking the test. We have found that if you start working too quickly you run the risk of making careless mistakes. Make sure that you are peering yourself and that you are checking your work so your answers make sense. If you pace yourself, you should be able to backtrack and catch any errors you may have made.

6. *To Guess or Not to Guess*: People have such mixed ideas about the prospect of guessing on the SAT. You receive one point for each question you answer correctly; 1/4 point is deducted for every question you answer incorrectly. What this means is that random, totally wild guessing is not a good idea. If you have absolutely no idea of the answer to a question, you should leave it blank. On the other hand, if you can eliminate some obviously wrong answer choices, thus narrowing the field to make an educated guess, then guessing is a wise move. The better the odds you can establish for yourself with any given question, the more advisable it is to guess.

7. *Get a Good Night's Sleep*: On the night before the big test, relax. Try and do something enjoyable. Get a good night's sleep so you are well rested. Have a leisurely breakfast and leave enough time so you won't be nervous about being late for the test.Bring lots of sharpened pencils to the test in case you need them. Try to find a seat in the room that has good light and is out of the way of drafts if you are not assigned a seat. Follow the instructions given by the test proctor. Remember, you have prepared for this. You'll do just fine!

For more information about one-on-one SAT tutoring, contact Kim at The Buddy System at 648-3330. e-mail: buddysystem@msn.com, or check out the web site at www.buddysystem.com

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GRAPEVINE
VISITACION VALLEY
Published monthly by Visitacion Valley Community Center, 50 Raymond Ave., San Francisco, CA 94134
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Vistacion Valley Grapevine was named by Pat Crocker and is a Registered California Trademark of VVCC.
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BUY YOUR GROCERIES IN THE NUDE.

There's no reason to dress up produce in paper and plastic. It just gets stripped off and tossed away. So always buy your fruits and vegetables unwrapped. And stop exposing the landfills to all that waste.

A Message From Your Recycling Program

San Francisco RECYCLING PROGRAM

http://www.sfrecycle.org

Call 554-7329 for your free copy of the Environmental Shopping Guide.

Little Hollywood Update

Residents Monitor Changes In Their Neighborhood

-Ralph Oroquita

Heavy equipment was in motion this winter in Little Hollywood preparing an eroded hillside for a much needed retaining wall.

by Ralph Oroquita

HAZARDOUS WASTE QUARTERLY MEETING

Three representatives of Solid Waste Management, three representatives of Norcal/Sanitary Fill Company, one resident of Brisbane and four residents of Little Hollywood met at the Brisbane Firehouse on Jan. 21 to discuss the air emissions from the consolidating hazard waste at the 501 Tunnel Ave. facility.

The daily volatile organic compound (VOC) air emissions are limited to under six pounds per 24-hour period for the one day per month for the small business collection day and the special off-site collection events that are held three times per year.

Another agenda item was the formation of a community review team for massive spills, fire, or explosion and evacuation for worst case scenarios drills held at the hazardous waste facility A possible link to the fire department, police department and the Hazardous Materials Team was also discussed. The next quarterly meeting was set for April 22, 1998.

SUNNYDALE SEWER PROJECT

Meeting at the Schlage Lock auditorium on Dec. 11 to discuss upcoming construction, it was announced the northern route for the proposed sewer project along Sunnydale Avenue is the route preferred by the San Francisco Department of Public Works and the Public Utility Commission (PUC).

Representatives from the PUC had originally announced plans at the Oct. 25, 1997 meeting of the Visitacion Valley Task Force to supplement the neighborhood's current sewer system with a tunneling project utilized to install a 12-foot diameter pipe east of Bayshore Boulevard to the Sunnydale Pump Station at Harney Way. West of Bayshore, a new open trench line ranging in diameter from six to eight feet would be built along Sunnydale Avenue. The tunneling method of construction is more expensive than the open trench construction method.

Two or more 20-by-40-foot underground flow control structures would also be constructed. Approximately 30 percent of assessed land value is paid for the utility right-of-way assessment.

RETAINING WALL AND EROSION LANDFILL

Approximately 3,500 yards of soil for landfill was stockpiled in December to replace soil that had eroded from the northern hillside of the Total Urban Recycling Facility (TURF) parking lot at 401 Tunnel Ave. Approximately 500 feet of hillside will have to be repaired and a retaining wall about 10-feet tall constructed at the southern end of Peninsula Avenue.

The size of the wall will be related to the contour of the slope as it goes from east to west. A slope will be used of two-foot horizontal fill for each foot of vertical rise needed to maintain the slope for the backfill and landscaping.

Earth moving equipment was brought in during the second week on January and work was started the following week. The fill soil is laid down in layers and compacted to insure stability.

A well-designed wall and landscaping will enhance the value of the Norcal/Sanitary Fill property while ensuring to a greater extent the stability of the hillside and the homes located above it.

Flying Discs May Soon Be Coming to McLaren Park

by Greg Quiroga

Think of all the sports that an entire family ages 5 to 65 can participate in. How many of those require less than $10 a person in equipment, are free every time you play them, and are within 20 minutes from your house?

Currently there is a proposal to ensure that one such sport, disc golf, is made available to the youths and families of San Francisco in McLaren Park.

Never heard of disc golf before? Well, disc golf is much like traditional golf, but instead of a ball and clubs, players use a flying disc, or Frisbee. The sport was formalized in the 1970s and shares with "ball golf" the object of completing each hole in the fewest number of strokes--or, in the case of disc golf, the least number of throws.

Disc golf advocates say that their sport is physically and mentally challenging and at the same time incredibly fun and rewarding.

"It promotes a healthy, active lifestyle and teaches you to respect the environment around you, as well as your fellow players," says Dan Warburton, secretary of the San Francisco Disc Golf Club.

The club has submitted a proposal to the Recreation and Parks Department for a 24-hole course in McLaren Park. The proposal has been endorsed by numerous community groups and individuals, including Friends of McLaren park, the recreation director at McLaren, PE teachers from surrounding schools, and the executive director of Visitacion Valley Community Center, Julie Kavanagh, who calls disc golf "wholesome and easy to learn."

The sport is played by throwing a golf disc (a faster, slimmer version of the Frisbee) from a tee area toward an elevated metal basket that has chains to catch the disc and drop it into the basket. As players progress down the fairway, they must make each consecutive shot from the spot where their previous throw landed. The trees, shrubs and terrain changes located in and around the fairways provide challenging obstacles for disc golfers. Finally, the "putt" lands in the basket and the hole is completed.

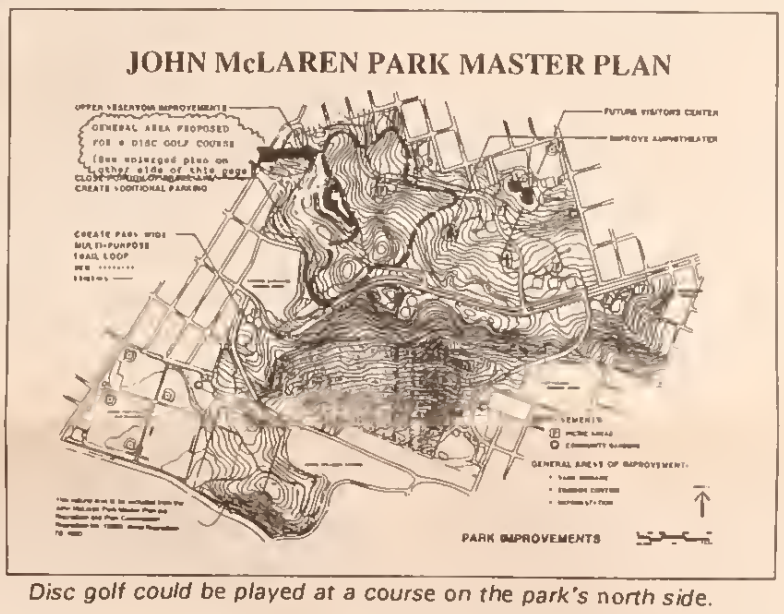
Disc golf shares the same joys and frustrations of traditional golf, whether its sinking a long putt or hitting a tree halfway down the fairway.

There are few differences, though. Disc golf does not require greens fees, you won't need to rent a cart, and you never get stuck with a bad "tee time." It is designed to be enjoyed by people of all ages, male and female, regardless of economic status. Also, a course does not require irrigation or any alteration of the landscape, making it an "environment-friendly" alternative to regular golf.

Currently there are more than 700 disc golf courses worldwide, including more than 50 in Texas alone, but there are only three courses in the greater Bay Area. And although disc golf is a part of the curriculum for physical education instructors of the San Francisco Unified School District, students who learn the game currently have no place to further their skills. If a course does get approved for McLaren Park, we will soon have a place to take our families for inexpensive recreation that is fun for all involved.

For more information, contact Ross Hammond of the S.F. Disc Golf Club at 695-7482.

Greg Quiroga is president of the S F Disc Golf Club



Disc golf could be played at a course on the park's north side.

HUG-O'-WAR

I will not play Tug o' War,
I'd rather play Hug o' War;
Where everyone hugs, instead of tugs,
And everyone giggles and rolls on the rug.
Where everyone kisses,
And everyone grins;
Everyone cuddles,
And everyone wins. (Hug)
You have just been hugged!!
That's right, there's no getting out of it this time!!
This is the start of a full scale Hug o' War!
So hug everyone you know!!!
Hug your friends, your enemies, everyone!!
With all the other forwards out there, I thought this would be a good one to start.
The hug is my favorite sign of affection.
It can mean so much, and many things at the same time.
It can be a sign of love, friendship, comfort or anything!
So here you go.
All I can say it do is brighten someone's day
I mean, we all need a hug once in a while
So send this on if you's like,
To anyone who may need a hug
Send it back to whoever sent it to you,
Send it back to me!!
Goodness knows, we could all REALLY use a hug sometimes.
So send this on and show someone you care!!
Hug o' War!

-submitted by Diana

Success for City's Equal Benefits Ordinance

The S.F. Human Rights Commission recently issued a report finding great success in the first six months of implementation of San Francisco's landmark civil rights equal benefits ordinance.

"The issue we addressed with this law is one of basic equality," said Supervisor Leslie Katz, who co-authored the ordinance with fellow Supervisor Tom Ammiano. "The City and County of San Francisco cannot and should not do business with entities that discriminate, be it by race, gender or domestic partner status. We cannot put a price tag on discrimination."

At the time the law was passed, only an estimated 500 companies nationwide offered equivalent benefits to their employees. Since then, thousands of companies have stepped forward to develop policies of nondiscrimination in employee benefits.

Nearly 1,270 City contractors wanting to do business with San Francisco alone currently have been certified in compliance with provisions of the ordinance, with a pool of 642,757 employees now eligible to receive equal benefits.

REPLACEMENT HOUSING AT THE GENEVA TOWERS SITE
OUTREACH TO RESIDENT CONTRACTORS OF VISITACION VALLEY

Mercy Charities Housing California (MCHC) and Geneva Valley Development Corporation (GVDC), sponsors of the Geneva Towers Replacement Project, seek to identify **RESIDENTS** of Visitacion Valley that own construction-related businesses to include them in a local business catalog for the project. Businesses in the catalog will receive notices of project bidding opportunities and information about the project Additionally, the catalog will be made available to the project's general contractor in an effort to promote and facilitate the participation of local businesses on the Geneva Towers Replacement Project. Construction of the 148-unit family housing replacement project with childcare facilities will begin in summer 1998. MCHC and GVDC want to include all *licensed contractors who have their primary residences* (post office boxes don't count) *in zip code 94134.* Interested resident business owners should fill-in the information requested below and fax it to (415) 621-2736 or mail to LUSTER CM, Attn: Marilyn D. Williams, RE: GENEVA TOWERS REPLACEMENT, 1550 BRYANT ST., SUITE 535, SAN FRANCISCO, CA 94103. Send completed information form by February 28, 1998. Questions may be directed to Marilyn Williams, Luster CM at (415) 255-8181. Get Registered in the Catalog! Get information about Geneva Towers!

GENEVA TOWERS REPLACEMENT PROJECT
RESIDENT-OWNED BUSINESS OUTREACH PROGRAM

Business Owner Name: _____/

Residential Address: _____ Zip Code: _____/

Res. Telephone: _____/

Name of Business: _____/

Business Address: _____/

Business Telephone: _____ Business Fax _____/

Are you a Licensed Contractor? _____ Trade or Specialty: _____/

Send To: LUSTER CONSTRUCTION MANAGEMENT
Attn: Marilyn D. Williams
RE: GENEVA TOWERS REPLACEMENT PROJECT
1550 Bryant Street, Suite 535, San Francisco, CA 94103
Fax No. (415) 621-2736

Winner of the Award

City College of San Francisco student Andre Harper (right) recently received a scholarship award from Dean Rivale, Scholarship Committee Chair of the Northern California Construction Institute (NCCI). -Monica Davey

Volunteers Needed for Training at S.F. SPCA

VOLUNTEER ORIENTATIONS

Help the animals by volunteering for one of the many important jobs available at the San Francisco SPCA. Volunteers are needed on an ongoing basis as cat socializers, dog walkers and adoption counselors, among others. Volunteer orientations are held Tuesdays March 10 and 24 from 5-7 p.m., and Saturdays March 7 and 21 from 10 a.m. to 12 noon. All orientations are held at the S.F. SPCA's Education Center at 243 Alabama St. (around the corner from the main entrance at 2500 16th St.) For more information, call 554-3000.

PET LOSS SUPPORT GROUP

On Tuesday, March 3, Dr. Betty Carmack will lead a *free* pet loss support group for grieving pet owners at the S.F. SPCA's Education Center from 7:30 to (:30 p.m. For more information, call 554-3050.

To Advertise in the Grapevine

Display: Full Page: $150; 1/2 Page: $80; 1/4 Page: $45; 1/8 Page: $25; 1/12 Page: $15

Want-Ads (Private Party): 20 words for $1. Extra line 50 cents. Mail ad and payment by 20th of prior month to: Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

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Sunday Worship Service - 10:30 a.m.
Wednesday Bible Study - 11:00 a.m.
Friday Cottage Bible Fellowship - 7:30 p.m.
Saturday Choir Rehersal - 10:00 a.m.

YOU are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

COME TO CHURCH THIS WEEK

Recycling in San Francisco Hits Record High in 1997

by David Assmann
S.F Recycling Program

San Francisco residents made 1997 a record year for recycling. We recycled more than 199 million pounds of paper, glass aluminum, steel, and plastics last year--up more than 8 million pounds from 1995. That's more than 367 pounds of recyclables per household!

But while this total is impressive, we still have lots of room for growth. We're currently recycling a little over one-third of what's recyclable through the curbside and apartment recycling program. And we still have a long way to go to achieve the state mandated goal of reducing waste by 50 percent by the end of the decade.

Paper, including newspaper, remained at the top of the list of materials recycled, making up more than two-thirds of all recyclables collected. The next most recycled material was glass, accounting for about one-fifth of the total.

Special promotional campaigns to promote recycling were held in 14 neighborhoods in 1997, including Bayview/Hunters Point, Bernal Heights, Crocker Amazon, Excelsior, Ingleside Terrace, Lake Merced, Mission District, Mount Davidson, Miraloma, Portola, Visitacion Valley, Oceanview, Ingleside and Potrero Hill. On average, recycling went up six percent in these neighborhoods, with the biggest increase in Portola/Visitacion Valley, where recycling increased by almost 15 percent. More than 30,000 households received phone calls from the Recycling Program during the campaigns.

During 1997, the neighborhood clean-up program became Super Recycling Day. In addition to recycling appliances, residents can now recycle woodwaste, yard waste and scrap metals as part of Super Recycling Day. The recycling rate for this program jumped from 10 percent in 1996 to 35 percent in 1997, with a total of about half a million pounds recycled during the year.

Nineteen ninety-seven was also the year to test some new recycling collection programs, including the first collection programs for yard trimmings and food scraps. Four thousand residents in six neighborhoods were given the opportunity to put out yard trimmings and food scraps for composting. Residents responded well, with almost half a million pounds collected during 1997.

Residents in another test area were given a second recycling bin just for paper (instead of putting paper in a paper bag or tying it with string, paper was put out in a separate container) which resulted in a 44 percent increase in recycling. In another neighborhood, residents were given one large container for all their recyclables, and this resulted in a 40 percent increase in recycling.

This year we will continue to test these programs, as well as testing some new options. In selected test areas, residents will receive large containers split in half. In one area, residents will be asked to put yard trimmings and food scraps in one half, with trash in the other half. In the second area, all recyclables will be placed in one half, with trash in the other half. And in the third test area, residents will be asked to put yard trimmings and food scraps in one half and all other recyclables in the second half.

If you are one of the residents selected to participate in the test programs, you will receive notification prior to the beginning of the programs. And if you can't wait to start composting, we still have a limited number of composting bins available at Cole Hardware for only $19.50 (they normally retail for more than $90). You can also attend a free composting workshop on Saturday, Feb. 28 at 10 a.m. at the Garden for the Environment, 7th Avenue and Lawton. Call the San Francisco League of Urban Gardeners at 285-7584 for more information.

Other 1997 recycling highlights included:

*The second annual Shop Smart Campaign, designed to bring supermarket shoppers messages about how to prevent waste and buy recycled products while grocery shopping. This campaign reached hundreds of thousands of San Francisco residents through displays in 40 supermarkets.

*Discount compost bin sales, which resulted in the distribution of more than 2,500 compost bins and 500 worm bins.

*Collection of 2 million pounds of food waste from more than 50 commercial outlets, including 14 grocery stores.

Looking ahead, we're planning special promotional campaigns this year for a number of neighborhoods, including Chinatown, the Marina, North Beach, Richmond, Russian Hill, Sunset and Telegraph Hill. Two new materials will be added to the curbside program in April.

Finally, all of our efforts are helped tremendously by volunteers. If you are interested in helping recycling in a hands-on way, give us a call at 554-3404.

New Law Establishes How Owners and Contractors Conduct Exterior Painting

A new exterior paint law that went into effect in San Francisco this year on Jan. 5 requires owners and contractors to adopt safe work methods when doing any work that disturbs exterior paint on buildings built on or before December 31, 1978 (Unsafe levels of lead were not used in residential paint after 1978.)

This new law requires that owners, landlords and contractors confine lead-based paint chips, dust and other debris to the work site and to remove them before completing the job. The law also prohibits dangerous work practices and authorizes the Department of Building inspection to enforce it.

For more than 10 years the San Francisco department of Public Health has regularly received complaints from residents concerning dust and chips from lead-based paints that contaminated their property from work done by painting contractors and other tradespeople. This new exterior paint law was drafted in response to these complaints, and passed to prevent children from being exposed to lead-based paint, dust and debris which can cause lead poisoning.

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- Diabetes Education and Treatment
- Well-baby Check-ups

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Myths and Realities of Food Alleries

Do you, or someone you know, shun certain foods because you are "allergic?" Surveys show that nearly one-third of all adults believe they have a food allergy. The following seeks to shed light on such frequently asked questions as: What is a food allergy? How do you know if you have one? What should you do if you have a food allergy? And, if it is not a food allergy, what might it be?

Myth Lots of people have food allergies.

Reality: "From talking with the public, you might think almost everyone has a food allergy," said Daryl Altman, M.D., Fellow of the American College of Allergy, Asthma and Immunology and researcher at the Allergy Information Services in Long Island, New York. "In surveys, nearly one-in-three American adults indicated he or she was allergic to some food." But in reality, the most conservative estimates indicate two percent of the population in the United States are food allergic. Children are more susceptible than adults to food allergy--up to five percent have some type of food allergy. However, common allergens such as eggs and milk are typically outgrown by age five.

The eight most common food allergens in people are: peanuts, tree nuts (for example, almonds, pecans and walnuts), dairy, soy, wheat, eggs, fish and shellfish (for example, shrimp and crab). Nevertheless, allergies to nearly 175 different types of food have been documented. "These foods are responsible for over 90 percent of serious allergic reactions to food," stated Susan L. Hefle, Ph.D., co-director of the Food Allergy Research and resource Program at the University of Nebraska-Lincoln.

Myth A food allergy means I'll just get a runny nose, right?

Reality: No--although food allergy is rare, it is a serious condition and should be diagnosed by a board certified allergist. Food allergy is a reaction of the body's immune system to a certain component, usually a protein, in a food or ingredient. The reactions can be uncomfortable and mild, including vomiting, diarrhea, skin rashes or runny nose, sneezing, coughing and wheezing, and may occur within hours or days after eating. However, anaphylaxis, a more serious and life threatening reaction, may occur. Anaphylaxis is a rapidly occurring reaction that often involves hives and swelling, enlarging of the larynx with a choking sensation, wheezing, severe vomiting, diarrhea and even shock. These symptoms can also occur within minutes, hours or days. "Food allergic patients should have an anaphylaxis reaction plan worked out ahead of time with their allergist," according to Anne Munoz-Furlong, president and founder of The Food Allergy Network. "The plan should be practiced with family and friends in case of an emergency."

Myth Any negative reaction to a food is a food allergy.

Reality Adverse reactions to food can have many causes. If something does not "agree with you," it does not necessarily mean you are allergic to it. Food allergy is a very specific reaction involving the immune system of the body, and it is important to distinguish food allergy from other food sensitivities. Whereas food allergies are rare, food intolerances, which are the other classification of food sensitivities, are more common. Intolerances are reactions to foods or ingredients that do not involve the body's immune system. Intolerance reactions are generally localized, transient and rarely life threatening with one possible exception--sulfite sensitivity. "A good example of food intolerance is lactose intolerance. And, it is extremely important to know the difference between it and milk allergy," said Robert K. Bush, M.D., University of Wisconsin. He emphasized that "Whereas lactose intolerance may result in a bloated feeling or flatulence after consuming milk or dairy products, milk allergy can have life-threatening consequences. The milk allergic patient must avoid all milk proteins."

Myth I think I'm allergic to food--I just won't eat it, so I don't need to be seen by a doctor.

Reality: Just thinking you are allergic to a food does not mean you have an allergy. To properly diagnose a food allergy or sensitivity, the offending substance must be accurately identified. Avoiding a food may deprive you of food choices and important nutrients, and could be dangerous if the allergen is actually different. Diagnosis of a food allergy can be complex, with three major components. The first and most important is involving a board-certified allergist, preferably a food allergy specialist. Second, a history of a specific food causing an allergic reaction is necessary; a food diary can help. Third, an IgE antibodies test, is only used when combined with the former components, but it does not always pinpoint a food allergy. Hugh Sampson, M.D., director, Food Allergy Clinic, Mt. Sinai Medical Center, and chair of the American Academy of Allergy, Asthma and Immunology's Adverse Reactions to Foods Committee, emphasized an examination by a board-certified allergist: "Due to many people claiming to have food allergies, many physicians have become *desensitized* to taking their symptoms seriously."

Myth I don't frequently eat food I'm allergic to, so I can eat a little bit for a special occasion.

Reality Because food allergy can be life threatening, the allergen must be completely avoided--even the most minute amounts. Although an extreme case, a man allergic to a shellfish died of anaphylaxis shock after encountering simply the steam from shrimp. It can be fatal to assume a given food environment is safe and not be cautious. A board-certified allergist can help the food allergic patient manage diet issues without sacrificing nutrition or pleasure when eating at or away from home. Since most life threatening, and sometimes fatal, allergic reactions to foods occur when eating away from home, it is imperative that the food allergic individual or responsible guardian clearly explain the risks of exposure to a certain food or ingredient to food service workers, family and friends--and always ask before eating.

Myth With all the ingredients in processed food, I can never completely avoid my allergen.

Reality: When purchasing groceries labels should be read for every product purchased--every time. Although food and beverage manufacturers are often improving and changing their products, changes in ingredients must be listed on ingredient labels.

According to Fred Shank, Ph.D., director of the Center for Food Safety and Applied Nutrition, Food and Drug Administration (FDA), "Foods which contain allergenic substances must be properly labeled or be subject to recall. The FDA supports the activities of independent organizations to inform consumers of these recall activities." The FDA includes on its list of recall substances all eight of the major allergens, so if these substances are present in a food, but not listed on the label, they must be recalled. Additionally, substances which cause non-allergic-based reactions, such as the additives sulfites and tartrazine (FD&C Yellow #5), are on this list. Some individuals have unique sensitivities to these food components which are not allergenic or allergy-causing in nature, but may cause comparably severe reactions.

Myth Since I'm allergic to peanuts, I can't eat anything with peanut oil.

Reality: There are many misunderstandings regarding what might stimulate the food allergic reaction. "Virtually all food allergens are proteins," explained Steve L. Taylor, Ph.D., co-director of the Food Allergy Research and Resource Program at the University of Nebraska-Lincoln. "And the process of refining oil removes the protein which would trigger an allergic reaction." Oils used in processed foods and in cosmetics are highly refined and should pose no problem for the food allergic individual. Yet, caution should be taken with natural, cold pressed or flavored oils. These oils, as well as oil that has been used to cook peanuts (or another food to which an individual might have an allergy), might contain the protein of the allergen and should be avoided. For example, an individual with a fish allergy should ensure that the oil used to cook his or her food was not first used to fry fish.

Myth I'm allergic to food additives.

Reality Other common misconceptions regarding food allergy are additives and preservatives. Although some--sulfites and tartrazine--have been shown to trigger asthma or hives in certain people, these reactions do not follow the same pathway observed with food. There are other food additives that have historically been associated with adverse reactions, but because they do not contain proteins or involve the immune system, true allergic pathways cannot be used to explain the reported reactions. In addition, many of these additives, including monosodium glutamate, aspartame and most food dyes have been studied extensively, and the results show little scientific evidence exists to suggest they cause any reaction at all.

Myth "Tell me about my corn allergy."

Reality: There are those suspected food allergies that are so rare that their existence is questioned. The most common of these are corn and chocolate "allergy," and there are several probable explanations for adverse reactions. Even though many people claim to be allergic to them, allergists can rarely demonstrate allergy to corn or chocolate in double-blind, placebo-controlled food challenges.

Corn "allergy" is often associated with a reaction to another allergenic substance. In some cases soy allergic individuals may react to products containing corn. Occasionally corn is carried, handled or stored in the same containers used for soy. Although only minute residues of soy may remain, this can be enough to cause an allergic reaction in highly sensitive people.

Chocolate "allergy" is also thought to be extremely rare, and though some are truly chocolate-allergic, most who complain of symptoms have irreproducible reactions. Possibly the reactions are due to another ingredient found in the chocolate product being consumed.

Food allergy is certainly nothing to be taken lightly. Although its prevalence appears to be increasing, overreaction, self-diagnosis and incorrect assumptions only lead to skepticism of physicians and food service workers--obviously, a less-than-ideal situation for the truly allergic individual. It is vitally important to leave the diagnosis of a food allergy to a board-certified allergist.

The following organizations can help you more fully understand food allergy: The American Academy of Allergy, Asthma and Immunology (1-800-822-2762; www.aaaai.org) and the Food Allergy Network (1-800-929-4040; www.aaaai.org). The International Food Information Council Foundation (http://ifcinfo.health.org) can provide further information on food allergy and food and asthma. Also available is a food allergy poster designed for food service workers.

-International Food Information Council

Avoid Cross Contact!

Cross contact of foods with those that may present a food allergy problem is poorly understood and not well communicated. Although food processors are well aware of the dangers of cross contact and manage them appropriately, such caution is not always taken in the home, school cafeteria or restaurant. Although unintentional, the effects can be devastating. For some food allergic individuals, the most minute particle of the allergen can be fatal. Some examples of mishaps that can induce a food allergic reaction include:

*Plain chocolate brownies are served using the same spatula that was used to serve peanut-containing brownies.

*French fries are prepared in the same oil used to deep-fry fish.

What is an Allergic Reaction?

An allergic reaction occurs when a susceptible person is exposed to a specific protein. Because the body perceives this protein (an allergen) as being a threat, it produces a special material--a substance that recognizes allergens-known as Immunoglobulin E (IgE) antibody. A person who has a tendency to develop allergies tends to produce increased amounts of IgE. After the initial exposure to a specific allergen (such as "cat" or "dog" protein) the body reacts to future exposures by creating millions of IgE antibodies. These newly produced IgE antibodies then connect to special blood cells called basophils, and special tissue cells called mass cells. These cells are then "stimulated" to release histamine which causes the allergy symptoms. Itchy watery eyes and nose, scratchy throat, rashes, hives, eczema and even life-threatening anaphylaxis.

Double-Blind Placebo-Controlled Food Challenge

This test, considered the "gold standard" for food allergy testing, is performed by a board certified allergist. The suspected allergen is placed in a capsule or hidden in food, and fed to the patient under strict supervision. Neither the allergist, nor the patient, is aware of which capsule, or food, contains the suspected allergen--hence the name "double blind." In order for the test to be effective, the patient must also be fed capsules or food which do not contain the allergen to make sure the reaction, if any, being observed is to the allergen and not some other factor--hence the name "placebo-controlled." It is tests of this kind that have enabled allergists to identify the most common allergens, and also to determine what foods, ingredients and additives do not cause allergic reactions.

What is Sulfite Sensitivity?

Sulfiting agents are commonly used to preserve the color of foods, such as dried fruits and vegetables, and to inhibit the growth of microorganisms in fermented foods, like wine. Sulfites can also be found in beer, some fruit drinks, shrimp and some prepared foods. Although sulfites are safe for the majority of people, for some, they have been found to cause a reaction. For this reason, the FDA requires that when sulfites are added to foods in greater than 10 parts/million (or 10 sulfite molecules per million molecules) they must be indicated on the label.

Crossword Solution

From Page 6

Health Seminar at Bayview Police Station

Both the American Cancer Society and the Southeast Health Center are sponsoring a presentation on health advocacy in the African American community at the Bayview Police Station *Community Room*, 201 Williams Ave. on Saturday, Feb. 21 from 9 a.m to 12 noon.

With the increasing incidence of disease and the constant changes in our health care system, it is important that individuals, families and communities are better prepared to be active participants in health related decisions. A question and answer session will follow presentations by health officials. Call 394-7100, ext. 327 to pre-register.

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Historic Proportions

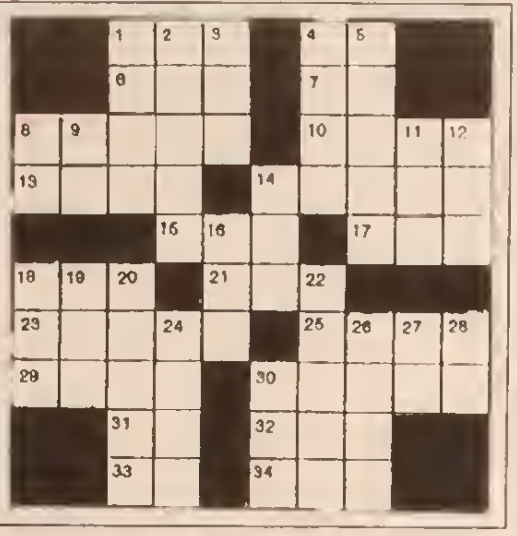
Match clues to answers
1957

1. On Oct. 4, it's the world's first man-made satellite.
2. This handy item becomes a kitchen fixture.
3. Starting Oct. 10, he's Zorro on TV.
4. These start showing up on suburban lawns.
5. They won the World Series.
6. But in the *fall classic*, this team came up one game short.
7. On Dec. 17, the U.S. successfully launched one of these.
8. *Best Picture* at the Academy Awards on Mar. 27.
9. They start saying, "Blondes have more fun."
10. They took the NBA title.
11. On July 29, he begins hosting *The Tonight Show*.
12. Starting Sept. 14, he's playing Paladin on *Have Gun, Will Travel*.
13. Things are made a mess on June 27.
14. On Mar. 25, the European Economic Community is started with this.
15. Champions of the NFL.
16. First time these sickening words are mentioned.
17. He's singing about being *All Shook Up*.
18. Slogan is: "Look, Mom, no cavities!"

A. Asian flu
B. Jack Paar
C. Around the World in 80 Days
D. Richard Boone
E. Lady Clairol
F. Boston Celtics
G. Plastic pink flamingo
H. Crest toothpaste
I. Elvis Presley
J. Hurricane Audrey
K. Milwaukee Braves
L. Treaty of Rome
M. Electric can opener
N. Sputnik
O. New York Yankees
P. Guy Williams
Q. Atlas rocket
R. Detroit Lions

Answers: 1-N; 2-M; 3-P; 4-G; 5-K; 6-O; 7-Q; 8-C; 9-E; 10-I; 11-B; 12-D; 13-J; 14-L; 15-R; 16-A; 17-L; 18-H.

Grapevine Crossword



ACROSS
1 Wager
4 Not AD
6 Boat
7 East Of
8 Ice hut
10 __ Alda
13 Said
14 Smells
15 Pitching
17 Operated
18 Pacific Lumber Co.(ab)
21 Curve
23 Center
25 Crowd
29 Completed
30 Bird
31 Down(abr)
32 Operate
33 Yard(ab)
34 Number

DOWN
1 Globe
2 Decay
3 Knockout
4 Drop
5 Dye
8 Thing
9 Move
11 Gun club
12 No Such Number(ab)
14 Rower
16 Rodent
18 Degree
19 __ Durocher
20 Sweets
22 Pursue
24 Cut
25 Balanced
27 Regarding
28 Down(ab)
30 Method

This Month in S.F. History

FEBRUARY

2 In 1848, the Treaty of Guadalupe Hidalgo was signed, ending the Mexican-American War and officially ceding California to the United States.

3 In 1918, street cars began running through the Twin Peaks Tunnel, completed in 1917.

11 In 1854, select major streets were first illuminated using coal gas. In 1936, construction started on Treasure Island - an 18,768,000 square foot fill adjacent to Yerba Buena island - to serve as location of the 1939-40 Golden Gate International Exposition.

12 In 1851, the Adelphi Theatre hosted *La Sonnambula*, the City's first grand opera. In 1945, San Francisco was selected site of the United Nations Conference.

15 In 1861, Fort Point - under construction for many years - was finally completed, housing two companies of the 3rd Artillery. In 1880, the Geary St. Railroad opened, providing the first rail service to the ocean. In 1917, the SF Public Library in the Civic Center was dedicated.

18 In 1859, boundaries were designated creating San Francisco as a county. In 1939, the exposition opened its first year at Treasure Island, with 50 cents for adults and a quarter for children under 12.

20 In 1915, the Panama Pacific Exposition opened its gates.

26 In 1891, the first of many bison were purchased for Golden Gate Park. In 1933, Crissy Field in the Presidio hosted ground-breaking ceremonies for construction of the Golden Gate Bridge.

27 In 1907, the Farrallone Islands, once inflicted during the gold rush by profit-seeking egg poachers, was officially sanctioned a Federal Bird Reserve.

28 In 1849, the 1,050 ton steamer *California* arrived in SF Bay. Although 1,500 people sought continuing transport from Panama, the 200 foot-long ship - built for 200 passengers - carried nearly 400 for 42 days - first of the forty-niners.

FIVE YEARS AGO IN THE GRAPEVINE

FEBRUARY 1993

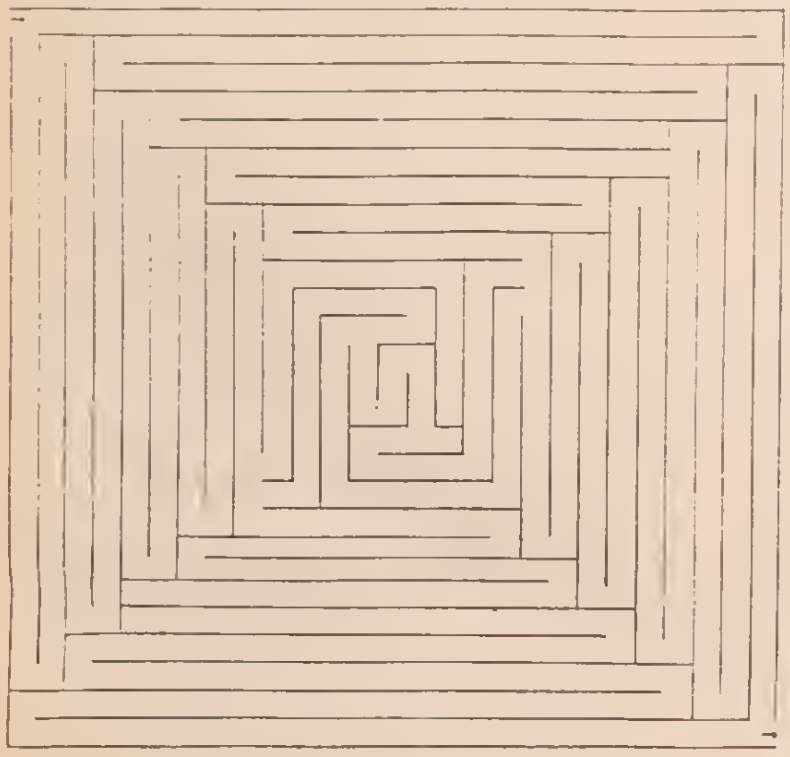
*A play depicting African American inventors was scheduled for Feb. 19 at Herz Playground followed by a fashion show featuring clothes worn from the 1920s through 1990s.

*After moving from North Beach, Theresa Flores Sandoval reopened *Il Fiore Flowers* on Silver Avenue.

*Monthly afternoon meetings of the Visitacion Valley Improvement Association resumed at the Community Center.

*San Francisco Household Hazardous Waste Facility celebrated its fifth year of operation.

Minute Maze



Grapevine Puzzler — State Parks in California

M	O	U	N	T	S	A	N	J	A	C	I	N	T	O	A	R	U	T	N	E	V	A	N	E
C	U	Y	A	M	A	C	A	R	A	N	C	H	O	G	E	R	R	O	B	A	Z	N	A	T
C	D	M	H	C	P	H	C	L	U	G	N	A	I	S	S	U	R	O	L	Y	A	T	P	L
O	A	I	U	L	O	A	O	Y	N	E	H	O	D	S	S	E	N	R	E	D	L	I	W	B
N	D	L	M	E	I	L	L	E	M	M	A	D	N	A	V	O	H	C	A	C	I	P	I	S
N	I	L	B	A	N	O	U	B	S	H	S	E	R	Y	A	B	D	L	A	R	E	M	E	T
E	N	E	O	R	T	T	S	O	I	P	A	T	D	I	A	R	E	V	A	L	A	C	O	U
L	I	R	L	L	L	R	A	T	L	T	R	Y	A	B	S	E	L	A	M	O	T	G	H	L
E	R	T	D	A	O	O	S	H	V	H	E	N	R	Y	W	C	O	E	B	G	H	R	A	E
O	T	O	T	K	B	P	A	E	E	D	V	S	D	O	O	W	Y	D	N	E	H	A	T	E
C	N	N	R	E	O	S	C	N	R	R	E	H	C	I	R	R	E	K	C	A	M	T	L	L
A	A	L	E	T	S	D	R	A	S	A	N	M	A	T	E	O	C	O	A	S	T	H	A	K
R	T	A	D	R	S	O	A	P	T	H	C	A	E	B	N	O	S	N	I	T	S	D	I	S
R	I	K	W	O	E	O	M	A	R	H	E	N	R	Y	C	O	W	E	L	L	K	N	R	D
I	P	E	O	N	G	W	E	V	A	T	S	A	O	C	A	M	O	N	O	S	C	A	O	O
L	A	A	O	L	D	D	N	A	D	N	O	T	G	N	I	T	N	U	H	Y	I	L	M	O
L	C	K	D	E	I	E	T	L	H	C	A	E	B	T	E	S	N	U	S	R	M	S	E	W
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L	E	R	S	O	B	N	R	E	T	U	R	L	O	C	K	L	A	K	E	V	I	N	L	E
B	T	U	E	O	L	I	I	Y	N	O	T	H	G	I	R	B	W	E	N	O	D	A	L	R
A	N	E	E	W	A	S	V	S	B	A	I	R	E	T	N	I	P	R	A	C	M	N	E	T
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D	M	A	T	A	U	B	R	D	L	O	G	L	L	A	H	S	R	A	M	I	U	A	S	A
T	E	M	G	M	T	G	E	O	R	G	E	J	H	A	T	F	I	E	L	D	A	R	A	O
N	L	U	I	M	A	I	N	I	A	T	N	U	O	M	R	A	M	O	L	A	P	B	C	C
U	C	L	B	E	N	B	O	W	L	A	K	E	K	E	E	R	C	Y	L	Z	Z	I	R	G
O	N	P	T	W	I	N	L	A	K	E	S	G	N	I	R	P	S	T	O	H	R	E	V	O
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S	S	O	R	T	R	O	F	O	L	S	O	M	L	A	K	E	R	O	N	I	S	I	E	E
S	E	A	C	L	I	F	F	D	L	B	L	I	S	S	D	O	O	W	Y	R	E	M	O	G
Y	E	K	C	I	H	H	S	I	D	N	A	T	S	A	N	D	I	E	G	O	C	O	A	S
W	C	G	J	Y	U	J	K	L	M	Q	V	B	Z	J	K	S	E	R	R	Q	F	R	E	M

Angel Island	Rancho	Henry W. Coe	Wilderness	San Clemente
Anza-Borrego	D.L. Bliss	Humboldt	Mount Tamalpais	San Diego
Desert	Del Norte	Redwoods	Natural Bridges	Coast
Armstrong	Coast	Huntington	New Brighton	San Mateo
Redwoods	Redwoods	Jedediah Smith	Palomar	Coast
Benbow Lake	Doheny	Lake Elsinore	Mountain	San Simeon
Big Basin	Donner	Leo Carrillo	Patrick's Point	Seacliff
Redwoods	Memorial	Little River	Paul M. Dimmick	Silver Strand
Bodie	El Capitan	MacKerricher	Pieiffer-Big Sur	Sonoma Coast
Bothe-Napa	Emerald Bay	Marshall Gold	Picacho	Smithe
Valley	Emma K. Wood	Discovery	Pismo	Redwoods
Brannan Island	Folsom Lake	McArthur-	Plumas-Eureka	Standish-Hickey
Calaveras	Fort Ross	Burney	Point Lobos	Stinson Beach
Big Trees	Fremont Peak	Falls	Portola	Sunset Beach
Carpinteria	George J.	McConnell	Prairie Creek	Tahoe
Castle Crags	Hatfield	McGrath	Redwoods	Tomales Bay
Caswell	Grizzy Creek	Millerton Lake	Richardson	Torrey Pines
Memorial	Redwoods	Montgomery	Grove	Trinidad
Clear lake	Grover Hot	Woods	Russian Gulch	Tule Elk
Colusa-	Springs	Morro Bay	Salton Sea	Turlock Lake
Sacramento	Hendy Woods	Mount Diablo	Samuel P. Taylor	Twin Lakes
River	Henry Cowell	Mount San	San	Van Damme
Cuyamaca	Redwoods	Jacinto	Buenaventura	Woodson Bridge

Boz Who?

Match quotes to speakers

1. "Is there anything more dangerous than sympathetic understanding?"
2. "Show me a good loser and I will show you a loser."
3. "Surround yourself with the best people you can find, delegate authority, and don't interfere."
4. "Great bodies of people are never responsible for what they do."
5. "The laughter of man is more terrible than his tears and takes more forms--hollow, heartless, mirthless, maniacal."
6. "The name of a man is a numbing blow from which he never recovers."
7. "There is only one thing in the world worse than being talked about, and that is not being talked about."
8. "A man of great common sense and good taste--meaning thereby a man without originality or moral courage."
9. "I hate television. I hate it as much as peanuts. But I can't stop eating peanuts."

A. George Bernard Shaw
B. James Thurber
C. Orson Welles
D. Pablo Picasso
E. Ronald Reagan
F. Virginia Woolf
G. Paul Newman
H. Oscar Wilde
I. Marshall McLuhan

Answers: 1-D; 2-G; 3-E; 4-F; 5-B; 6-I; 7-H; 8-A; 9-C.

Parenting Conference in the Mission

Professionals, practitioners, educators and interested community members who work with African American families can share skills about parenting and the African American family in a free conference on Friday, Feb. 13 from 8:30 a.m. to 6:30 p.m. at the San Francisco Christian Center, 5825 Mission St.

The third annual Afrocentric Parenting Conference, which will kick-off National Black Infant Health Week (Feb. 15-21) is sponsored by the S.F. Department of Public Health's *Black Infant Health Improvement Project*. Call 554-9611 to register.

GRAPEVINE BY MAIL

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Mail $4 to:Visitacion Valley Grapevine, 50 Raymond Ave. San Francisco, CA 94134

Famous Birthdays

FEBRUARY

1 Don Everly (1937), Sherman Helmsley (1938); Rick James (1952); Garrett Morris (1919), Bill Murry (1954), Lisa Marie Presley (1968), Stuart Whitman (1926); Boris Yeltsin (1931)

2 Amanda Blake (1931), Christie Brinkley (1954); Garth Brooks (1962), Farrah Fawcett (1947); Gale Gordon (1906); James Joyce (1882); Graham Nash (1942), Tom Smothers (1937)

3 Joey Bishop (1918); James Bridges (1936); Victor Bruno (1938), Thomas Calabro (1959); Dave Davies (1947), Morgan Fairchild (1950); Norman Rockwell (1894)

4 Michael Beck (1949), Clint Black (1962), David Brenner (1945), Nigel Bruce (1895), Alice Cooper (1948), Charles Lindbergh (1902); Ida Lupino (1914), Dan Quayle (1947)

5 Hank Aaron (1934); Red Buttons (1919), Barbara Hershey (1948), Jennifer Jason Leigh (1962); Roger Staubach (1942)

6 Tom Brokaw (1940); Natale Cole (1950), Fabian (1943); Mike Farrell (1939), Zsa Zsa Gabor (1917); Patrick Macnee (1922); Ronald Reagan (1911), Rip Torn (1931); Michael Tucker (1944); Marie Van Doren (1933)

7 Eddie Braken (1920); Charles Dickens (1932), Sinclair Lewis (1885), Gay Talese (1932)

8 Gary Coleman (1968); Robert Klein (1942), Ted Koppel (1940); Jack Lemmon (1923); Audrey Meadows (1924), Nick Nolte (1940); Mary Steenburgen (1953), Lyle Talbot (1902); Lana Turner (1920); Jules Verne (1828); John Williams (1932)

9 William Henry Harrison (1773); Mia Farrow (1945), Carole King (1942); Judith Light (1949), Roger Mudd (1928), Joe Pesci (1943); Bill Veeck (1914)

10 Laura Dern (1967); Donovan (1946); Jimmy Durante (1892), Roberta Flack (1939); Bill Tilden (1893), Robert Wagner (1930)

11 Lloyd Bentsen (1921); Sheryl Crow (1963), Thomas Edison (1847); Tina Louise (); Sergio Mendez (1941); Leslie Nielsen (1926); Burt Reynolds (1936), Sidney Sheldon (1917)

12 Charles Darwin (1809); Joe Gangola (1926); Arsenio Hall (1955), Abraham Lincoln (1809)

13 Stockard Channing (1944); Peter Gabriel (1950); Kim Novak (1933); Oliver Reed (1938), George Segal (1934); Leslie Stevens (1924), Peter Tork (1944)

14 Mel Allen (1913), Jack Benny (1894), Hugh Downs (1921); Florence Henderson (1934); Gregory Hines (1946); Alan Parker (1944); Meg Tilly (1960)

15 Susan B. Anthony (1820), John Barrymore (1882), Ken Curtis (1923), Galileo (1564); Matt Groening (1954), Harvey Korman (1927), Melissa Manchester (1951); Cesar Romero (1907), Jane Seymour (1951)

16 Patty Andrews (1920); Edgar Bergen (1903); Sonny Bono (1935), James Ingram (1956); John McEnroe (1959), Vera-Ellen (1926)

17 Jim Brown (1936), Margaret Truman Daniel (1924); Michael Jordan (1963), Hal Holbrook (1923); Lou Diamond Phillips (1962); Gene Pitney (1941), A. Montgomery Ward (1843)

18 Helen Gurley Brown (1922); Matt Dillon (1964), George Kennedy (1925); Juice Newton (1952), Jack Palance (1921); Molly Ringwald (1968); Cybill Shepherd (1950); John Travolta (1954); Vanna White (1957); Wendell Willkie (1892)

19 Prince Andrew (1960), Justine Bateman (1966), Lou Christie (1943); Nicolas Copernicus (1473); Jeff Daniels (1955), Falco (1957), Smokey Robinson (1940), Forrest Tucker (1919)

20 Ansel Adams (1902), Charles Barkley (1963); Cindy Crawford (1966); Sandy Duncan (1946); J. Geils (1946), Frank Jordan (1935), Alexei Kosygin (1904); Jennifer O'Neill (1949); Sidney Poitier (1927); Andrew Shue (1967); Peter Strauss (1947); Gloria Vanderbilt (1924); Nancy Wilson (1937)

21 Christopher Atkins (1961), Erma Bombeck (1927), David Geffen (1943); Ann Sheridan (1915); Nina Simone (1933)

22 Sparky Anderson (1934), Drew Barrymore (1975); Julius Erving (1950); Ted Kennedy (1932); Sheldon Leonard (1907); John Mills (1908), George Washington (1732); Robert Young (1907)

23 Sylvia Chase (1938), Peter Fonda (1939); George F. Handel (1685); Robert Novak (1944), Johnny Winter (1944)

24 James Farentino (1938); Chester Nimitz (1885); John Vernon (1932), Abe Vigoda (1921); Honus Wagner (1874)

25 Jim Backus (1913); Diane Baker (1938); Francisco Coronado (1510), George Harrison (1943), Sally Jessy Raphael (1943), Bobby Riggs (1918)

26 Michael Bolton (1953), Johnny Cash (1932), Buffalo Bill Cody (1846), Fats Domino (1928); Jackie Gleason (1920); Betty Hutton (1925), Tony Randall (1928); Mitch Ryder (1945)

27 Chelsea Clinton (1980), Howard Hesseman (1940), Ralph Nader (1934), Irwin Shaw (1913), Grant Show (1962); John Steinbeck (1902); Elizabeth Taylor (1932); Joanne Woodward (1930)

28 Mario Andretti (1940), David McLeod (1930), Bernadette Peters (1948); Bubba Smith (1945), Tommy Tune (1939)

29 Jimmy Dorsey (1904); Ann Lee (1736), James Mitchell (1920), Gioacchino Rossini (1792)

February 1998

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	9 11:30 a.m. VVCC Senior Shopping Day	10 12:30 p.m VVCC Senior Bingo 4:30 p.m Sunnydale Tenants Meet 7 p.m El Dorado NBC Meeting	11 6 p.m. Executive Park Advisory Committee	12 *Lincoln's Birthday*	13 12 noon VVCC Senio Painting Classes	14 *Valentine's Day*
15	16 11:30 a.m. VVCC Senior Shopping Day *Presidents' Day*	17 12:30 p.m VVCC Senior Bingo 3:30 p.m. Visitacion Valley Neighborhood Collaborative Meets	18	19 3 p.m. Beacon Council Meets at VVMS	20 12 noon VVCC Senio Painting Classes	21 10 a.m. Friends of McLaren Park Meet
22 *Washington's Birthday*	23 11:30 a.m. VVCC Senior Shopping Day	24 12:30 p.m. VVCC Senior Bingo 4 p.m VVCC Board Meeting	25 *Ash Wednesday*	26 9 a.m USDA Surplus Food Distribution Day at VVCC	27 12 noon VVCC Senio Painting Classes	28 10 30 a.m Visitacion Valley Task Force Meeting at 50 Raymond Ave

Experts Agree on Advice to Reduce Cancer

The connection between diet and cancer risk may be astonishing. According to a recent report by the American Institute for Cancer research and the World Cancer Fund, between three and four million cases of cancer worldwide could be prevented annually through dietary change.

The report: *Food, Nutrition and the Prevention of Cancer: A Global Perspective*, represents a broad review of scientific evidence on diet, nutrition and cancers. It offers some dietary recommendations that Americans have heard before from leading organizations such as the U.S. Departments of Agriculture and Health and Human Services (USDA/DHHS) and the American Cancer Society (ACS) on reducing cancer risk. However, the report also contains some advice that is not in accordance with these other dietary guidelines,

Finding precise links between diet and cancer is not easy. For example, over 100 different cancers exist, each with its own set of causes. Further, there is a dizzying number of components in the average diet: Some may decrease the risk while others may increase it.

"Diet is difficult to measure precisely and without bias," said Tim Byers, M.D., M.P.H., Professor of Preventive Medicine, University of Colorado. With heart disease there are risk factors like high blood cholesterol, but similar indicators may not exist to suggest cancer.

The fact that experts have agreed on general dietary advice to reduce cancer risk is also significant because it helps ensure that health professionals speak with a united voice on the subject.

The study's key recommendation--to choose a predominantly plant-based diet that includes a variety of vegetables, fruits and grains--echos the 1996 ACS recommendation to choose mostly plant-based foods. Likewise, the USDA/DHHS *Dietary Guidelines for Americans* recommends a similar diet. The study noted that lean red meat can fit in a healthy diet. A recent survey showed Americans consume about 2.6 ounces of red meat per day--well within the study's recommendation of three ounces per day.

The advice on plant-based foods stems from research showing compounds within plant foods may help protect against potential cancer-causing agents. For instance, fiber, which is found only in plant foods, has a beneficial effect on the intestinal tract and may reduce the risk for some cancers.

Plant foods contain more than just fiber--they are also rich in phytochemicals that may be critical in controlling cell damage from free radicals and in regulating cellular proliferation.

Experts note, however, that Americans are not making such simple changes as eating the recommended five servings of fruits and vegetables a day, which could reduce cancer incidence risk. Likewise, trends suggest a decline in physical activity among Americans.

The new report emphasizes the importance of physical activity and a healthy body weight. These recommendations are also in the USDA/DHHS and ACS guidelines. Physical activity not only helps reduce the risk of obesity, which may increase cancer risk, it independently reduces the risk of certain cancers. According to Dr. Byers, "These dietary guidelines represent sound advice to prevent cancer."

-International Food Information Council

Recipe of the Month

APPLE RASPBERRY PIE

Crust: 2 cups all purpose flour, 7 oz lard, 1 tbsp apple cider vinegar, 1/2 tsp salt, 6 tbsp cold water

Filling: 1 pint raspberries, 8 large Granny Smith apples, 1-1/2 tbsp lemon juice, 1/2 cup + 1 tbsp sugar 2 tbsp. flour, 1 tsp cinnamon

For Apples Only: 1 pint nutmeg; 1 pint cloves

Freeze the flour in a medium bowl for one hour Refrigerate the lard for one hour then cut into cubes In a small cup combine vinegar, salt and water. Measure 1 cup flour on to table, place lard cubes on top then cover with the remaining flour. Roll rolling pin over the mixture until all of the pieces have been flattened and slightly incorporated. Scrap into a bowl and mix with liquid Turn dough out onto a lighdy floured surface. With a lightly floured rolling pin, roll out a rectangle about 8-x-12 inches. Follow to the center and roll out slightly to form an 8-inch square. Roll and follow once more Wrap in parchment or waxed paper and refrigerate until needed

Peel and cut the core apples into eighths. Then dice crosswise into 1-1/2 chunks. Toss apples with lemon juice. Blend together 1/2 cup sugar with flour and spices. Add apples and toss until evenly coated Add raspbernes last and toss lightly.

Cut 1/3 dough and reserve. Roll remaining dough into a round 5 inches larger than dish. Place and fit into dish and trim overhang to one inch. Put in apples and dome evenly. Roll out remaining shell, crimp Sprinkle remaining sugar onto crust/ Cut 5 slits in center of dough Bake at 425 degrees for 10 minutes, then lower temperature to 400 degrees for 40 minutes, turning to brown evenly Let cool

HOUSEHOLD HAZARDOUS WASTE COLLECTION FACILITY QUARTERLY REPORT DATA July-September, 1997

Household Hazardous Waste Days
Days of Operation: Thursday-Saturday of Every Week
Average Emissions: 1.7 pounds/operating day
Highest Emissions: 2.8 pounds
Number of Participants: 2,988

Small Business Drop-Off Days
Days of Operation. Last Wednesday of Every Month
Average Emissions: 7.2 pounds/operating day
Highest Emissions: 9.0 pounds
Number of Participants: 151

General Facility Information:
Total Amount of Waste Collected: 223,057 pounds

The City and County of San Francisco permitted the Household Hazardous Waste Facility in October 1997. Sanitary Fill Company will operate the facility under a three year agreement with the City. For more information, please call the Hazardous Waste Management Program at (415) 554-1648.

Senior Valentine's Day Dance in Golden Gate Park

All senior adults are invited free to attend the annual Senior Adults' Valentine's Day Dance at the San Francisco County Fair Building, 9th Avenue and Lincoln Way in Golden Gate Park.

Featuring live music of the Maury Wolohan Band, the dance will be held on Thursday, Feb. 12 from 12:30 to 3:30 p.m. Call 666-7079 for more information.

Extreme Wheels Show Coming to Santa Rosa

Breathtaking displays of in-line skating, skateboarding and BMX biking will be part of *Extreme Wheels Live*, a fast-paced show set to run from Wednesday, Apr. 29 through Sunday, May 3 at the Redwood Empire Ice Arena in Santa Rosa. Tickets are $10-12 and can be purchased through BASS. For more information, call Snoopy's Gallery at 1-707-546-3385.

Grapevine Classified

Part Time Computer Teacher Needed every Tues/Thurs for 10 weeks, 1.5 hours each day; bilingual in Spanish/Cantonese; $600 stipend. Fax resume to Vis Valley Beacon: (415) 452-4910.

Let's All Join in

At a recent celebration, Esther Siebel (left) joined Rosalina Tolentino and Violet Galvan in dancing the "Tinikling," a popular Philippine dance.

-Gerry L. Galvan

Workshops for Seniors at Kaiser Permanente

Two free workshops for Kaiser Permanente members are being offered on Saturday, Feb. 28. *A Senior Users Guide to Kaiser-Permanente* will be held from 9 a.m. to noon at the Kaiser Permanente French Campus, 4141 Geary Blvd. (at 5th Avenue) in San Francisco. Registration begins at 8 a.m.

Seniors will have two workshops to choose from. The benefits workshop will explore the advantages of belonging to Kaiser Permanente and discuss the benefits of the Senior Advantage program. The services workshop will describe new and existing services for senior members, and review what is offered in acupuncture, foot care, mental health services and more.

Workshop space is limited. The first 125 phone registrants will receive free parking, breakfast and a lunch snack. To register, call 202-4900.

SUMP, THE GRUMP

Visitacion Valley Merchants Association

Visitacion Valley businesses and organizations are listed here free Call the Grapevine at 467-9300

A T & B MARKET (produce, grocery), 2400 Bayshore Blvd., 586-4851
ABLE'S CASA (boarding house), 850 Rutland St., 333-4664, fax 333-4693
ANGEL COIFFURES (beautician), 5 Leland Ave., 239-9891
ARMANOO'S SHOE REPAIR (Armando Rosignuio), 156A Leland Ave., 239-7216
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAYSHORE GAS & SERVICE (gas and mechanic), 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-7450
BAY SHORE VIDEO, 2418 Bayshore Blvd., 333-6288
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
CHURCH OF THE VISITACION, 655 Sunnydale Ave., (239-7450)
CITY NAILS (manicurist), 2435 Bayshore Blvd., 333-3865
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
CLIFF'S BARBECUE (barbecue, seafood), 2177 Bayshore Blvd.
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
THE CLUB HOUSE, 25 Blanken Ave
WALTER CORBIN PHOTOGRAPHY, (freelance), 435 Sawyer St., 587-9471, fax 337-8620
COMET TOURS & TRAVEL, 168 Leland Ave., 333-2996
CUNEO BAKERY, 96 Leland Ave., 239-6090
CUPID FLORIST, 36 Leland Ave., 585-7766
DeMASI'S BARBER SHOP, 35 Leland Ave.
EARLY YEARS ACADEMY, 500 Raymond Ave., 333-1450
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FAMILY SUPPORT CENTER, 251 Schwenn St., 469-2120
FIJIYANA MARKET, 400 Wilde St., 467-2034
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
FORTY-NINER CLEANERS (David Chan), 81 Leland Ave., 239-6418
G & L BAKERY AND RESTAURANT, 198 Leland Ave., 239-6283
GAMMS TRAVEL SERVICE, 34 Leland Ave., 333-9282
GIRLS AFTER SCHOOL ACADEMY, 1652 Sunnydale Ave., 584-4044
GOING FEDERAL (music, clothing), 170-B Leland Ave., 584-1103
HO'S DRAPERY COMPANY, 3550 San Bruno Ave., 468-4053
HONG YUN RESTAURANT (Vietnamese), 73 Leland Ave., 469-5686
JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
KARATE U.S.A., 38 Leland Ave., 469-9886
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751
LELAND AVENUE DRY CLEANING, 151 Leland Ave., 586-1412
LELAND HOUSE, 141 Leland Ave., 405-2000
LELAND LAUNDRYWORLD, 44 Leland Ave.
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
M & M SHORTSTOP (grocery), 2145 Geneva Ave., 585-0878
McCALL'S HAIR STYLING, 3585 San Bruno Ave., 467-7319
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
M-3 LOCKSMITH, 200 Leland Ave., 587-8403
NAILS BY JENNY (manicurist), 50 Leland Ave., 333-6800
NATIONWIDE PAPER COMPANY, 345 Schwenn St., 586-9160
A NEW START HAIR STUDIO (Joyce Hollins), 224 Leland Ave., 584-3077
OLIVIA'S PLACE (tavern), 2600 Bayshore Blvd., 239-7711
PACIFIC FISH & POULTRY, 2155 Bayshore Blvd., 468-6800
PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6800
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ROYAL PACIFIC MORTGAGE (financing), 46 Leland Ave., 333-4900
RUSSIA HOUSE (restaurant), 2011 Bayshore Blvd., 467-0252
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
SAM'S DELI & LIQUOR, 25 Leland Ave., 239-7183
SAN ON HERBS, 33-A Leland Ave 333-7469
SARI-SARI FOOD STORE, 38 Leland Ave., 239-7183
HENRY SCHINDEL (realtor), 239-5850
SCHLAGE LOCK (manufacturer), 2401 Bayshore Blvd., 467-1100
7-119convenience store), 2200 Bayshore Blvd., 467-1711
SHIREL'S GROCERY & FLOWERS, 1401 Visitacion Ave.
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
THE SHOP (J.B., barber), 178 Leland Ave., 239-6709
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
SIN FUNG VIDEO, 144 Leland Ave 586-1038
SMITH'S SIGNS, 153 Leland Ave., 333-2700
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
TAMMIE'S HAIR DESIGN, 3564 San Bruno Ave., 330-9635
TAUTUA MO OE (Samoan grocery, gifts, fabric), 15 Leland Ave., 585-0509
T W AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
TATE ELECTRIC (Joel Tate, electrical contractor), 467-4657
TEDDY'S MARKET, 298 Teddy Ave
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
THRIFTLODGE, 2011 Bayshore Blvd., 467-8811
TUNTEX U.S.A. (developer), 150 Executive Park Blvd., 468-6676
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433
VALLEY AUTO & TRUCK SUPPLY (Bill Conte, Marc Pullian), 2520 Bayshore Blvd., 239-5880
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VALLEY LAUNDRY, 90 Leland Ave
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520
THE VILLAGE (community center), 333 Schwenn St., 239-5045
VISITACION CATICHICAL CENTER, 796 Sunnydale Ave., 239-6723
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
VISITACION STATION U.S.P.O., 68 Leland Ave., 239-7520
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
VISITACION VALLEY FAMILY SUPPORT CENTER, 251 Schwenn St., 469-2120
VISITACION VALLEY GRAPEVINE, 50 Raymond Ave., 467-9300, fax 467-3757
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwenn St., 239-2866
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
VISITACION VALLEY LIBRARY, 45 Leland Ave., 239-5270
VISITACION VALLEY NEIGHBORHOOD CLINIC, 82 Leland Ave., 584-7386
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
VERNA WALLACE E.A. (bookkeeping), 2320 Bayshore Blvd., 239-5333
YET SUN FOOD, INC., 78 Leland Ave., 469-4862

Valley Task Force

From Page 1

401 Tunnel Avenue to keep its emissions down to 5 pounds a day for the next three years, except for one day a month when 9 pounds could be reached to account for businesses. He also updated and described a $24 million sewer project planned for Sunnydale Avenue and reported on construction of a 550-foot concrete block retaining wall which will hold back replenished dirt on a hillside below homes in Little Hollywood.

VALLEY SURVEY

Gloria Woo and Jay Smith of the Mayor's Office summarized results generated from merchant and resident surveys conducted last November and recently compiled into a report by the Public Research Institute at S.F. State. Both drop-off boxes and random sampling of residents were used in compiling statistics which show the primary concern of Valley residents and merchants is safety.

VALLEY PARKS

Anne Seeman of Friends of Visitacion Valley Parks reported on progress made in improving conditions at neighborhood playgrounds. She announced that funding for a design plan at Visitacion Valley Playground was recently approved, while new construction to improve Herz Playground is slated to begin at the end of February.

DAY OF DIALOGUE

Rita Adrian of Community Boards summarized a Jan. 18 *Day of Dialogue* on race relations at VVCC by saying "It was a good start." The Sunday afternoon forum drew 35 participants and featured several guest speakers, including Mayor Willie Brown, who presented concrete ideas and set the groundwork for future discussions. "We will build on it," said Adrian.

FEBRUARY MEETING

Next VVTF meeting is scheduled for Saturday, Feb. 28, 10:30 a.m. at VVCC, 50 Raymond Ave.

Family Literacy Night At Valley Middle School

Visitacion Valley Middle School is holding its second annual *Family Literacy Night* on Thursday, Feb. 19 from 5 to 7 p.m. All community members, students and families are invited to attend an evening of food, raffles, student presentations and performances.

New CD-ROM and Book Examine Social History in San Francisco

After more than three years and 10,000 hours of planning and production, a new approach to the study of San Francisco urban life, a participatory social history in the form of an interactive multimedia computer program titled *Shaping San Francisco*, was released on Jan. 22.

Accompanying this exciting new CD-ROM is an equally interesting 374-page anthology of social and historical perspectives called *Reclaiming San Francisco*.

Having drawn on volunteer time from writers, researchers, photographers, community organizers and most importantly, regular people who were compelled by the chance to investigate some piece of the City's past, *Shaping San Francisco's* creators anticipate feedback, criticism, and input, which will be incorporated into future releases.

Chapters on the new CD-ROM which sells for $35 focus on the history of the labor movement, racial politics in San Francisco, land use, the history of women and feminism, immigration from many parts of the world, the emergence of gay San Francisco, the artistic life of the city, and the specific history of each neighborhood. Also explored are ways San Francisco's urban development has always depended on the transformation of the land and the Bay-Delta ecosystem.

By placing the history of everyday life at the center of the broader historical processes, *Shaping San Francisco* shows that the people who are usually left out of the historical record were not passive victims, but people with their own hopes and agendas.

For example: A young Filipino interviewed his grandmother about Kearny Street's Manilatown in the 1940s. A high school teacher collected photographs from the 1800s documenting the spread of San Francisco's built environment over the land. And college students in an American History class sorted through the archives of the International Longshore and Warehouse Union to explore industrial automation in the mid-20th century.

Plans call for an expanded, two-disk version of the CD-ROM, available from Cloverleaf Multimedia (626-2060), to be released later this year and available for free viewing at kiosks at several locations around the City.

More than two dozen authors contributed to *Reclaiming San Francisco*, a collection of 22 essays on history, politics and culture which compliments the multimedia version. Chapters on the Comstock Lode, excavation in the Civic Center and the Beat Generation are joined by entries on murals, tenants and a photo essay on movie making in the City.

Editors of this recommended work describe it as "an anthology of fresh appraisals of the contrarian spirit of the City--a spirit *resistent to authority or control*" and that "San Franciscans are unusually ready to challenge the corporate agenda for their city." Published by City Lights Books, this volume is essential for anyone interested in where San Francisco is going, as it relates to where it has been and where it now is.

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